

Supporting Labor



“Providing support during labor & birth is one of the most important intrapartum nursing functions with measurable effects on birth outcomes”

**Labor
support
consists of:**

Physical

Informational

Emotional

Advocacy

What are the positive impacts of continuous labor support??

**Shorter
length of
labor**

**Increased
rates of
spontaneous
vaginal birth**

**Improved
birth
satisfaction**

**Improved
neonatal
outcomes**

**Decrease in
assisted
vaginal
delivery**

Why is effective pain management important during intrapartum care??

Helps reduce pt anxiety

- Anxiety can lead to ↑ HR & B/P
- Anxiety & Pain are correlated w/ ↑ fatigue in labor
- Anxiety can lead to ↑ risk for c-section or operative birth

Helps promote a sense of control during labor

What is the Gate Control Theory of Pain??

Developed in 1962 by Ron Melzack and Patrick Wall

Details the role of the mind and brain in pain perception

There are two types of nerve fibers that descend from the brain through the spinal cord

If impulses along the slow pain fibers outnumber impulses along the fast pain fibers, the gate is opened and pain impulses are transmitted to, and perceived by, the brain

The same holds true that if there is more stimulation of the fast fibers the gate closes, inhibiting transmission of pain impulses, reducing pain perception, and stimulating the release of endorphins

To put it in *REALLY* simple terms, the brain can only process so many signals at a time.

**Touch and pressure are sent quickly
(fast fibers)**

**Pain is sent more slowly to the brain
(slow fibers)**

You stub your toe on the bed

You grab your toe & this stops the pain signal from being sent to the brain



What are some Natural Options for Pain Relief??

Heat/Cold

Massage

Aromatherapy

Movement

Hydrotherapy

**Breathing
techniques**

In 2004 2 American Dr's win the Nobel Prize for demystifying smells

**Dr Richard Axel &
Dr Linda Buck**

**They clarified how
our olfactory
system works**

**Identified the
gene family that
detect the inhaled
odorant molecules**

**Humans can
recognize and
remember 10, 000
different odours**

Essential Oils

External use only

**Inhalation
Massage
Bath
spritzer**

**Very
concentrated**

**Lavender has
been the most
studied & is safe
in labor**

**Lemon
Mandarin
Neroli
are all safe in labor**



FYI

Peppermint: keep away from children <3yrs old due to reported respiratory distress

Clary Sage: avoid use with VBAC and pt on pitocin (studies report increased uterine activity)

Roman Chamomile: caution with pt that have seasonal allergies or asthma due to its relationship to ragweed

Rose & Jasmine: Avoid use with VBAC or previous uterine scar

VIX



Fernando Guedes by Facebook

Is this research based?

**Toberna CP, Horter D,
Heslin K, Forgie MM,
Malloy E, Kram JJF.**

**Dancing During Labor:
Social Media Trend or
Future Practice? J**

Patient Cent Res Rev.

2020 Apr 27;7(2):213-217.

doi: 10.17294/2330-

0698.1723. PMID: 32377554;

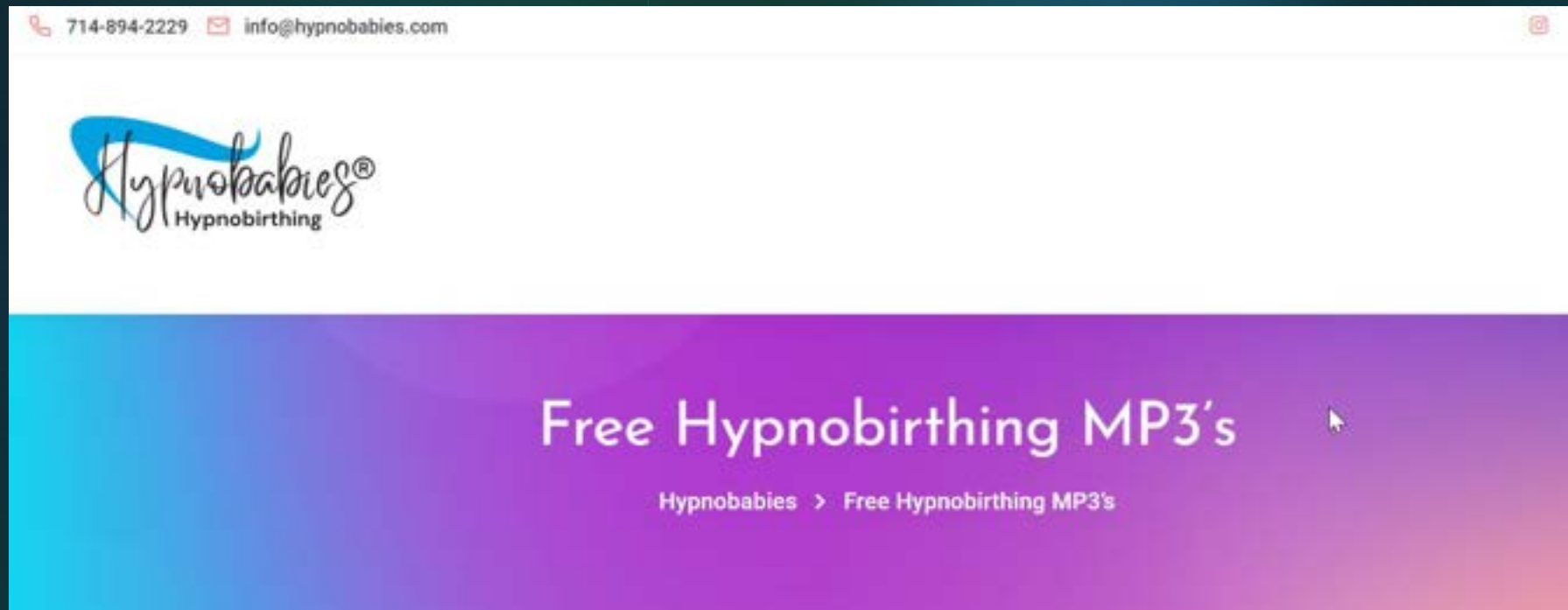
PMCID: PMC7197884.

- **Dance is a low impact exercise that could be used to help with labor progression**
- **Dance is a combination of pelvic & rhythmic movements that include upright & frequent positions changes**
- **Studies have found improved patient satisfaction with their birth experience when dance is utilized**
- **Studies have shown decreased pain perception with patients that use dance during the 1st stage of labor**



Hypnobirth

- [Free Hypnobirthing MP3 Tracks • Hypnobabies.com](https://www.hypnobabies.com)



Medications for Pain Relief

**Systemic
Analgesics**

**Nitrous
Oxide**

**Local
Anesthesia**

**Regional
Anesthesia**

Systemic Analgesics

Opioids

Reduce your awareness of pain

Have a calming effect

**Side effects:
N/V, drowsiness,
respiratory depression**

Nitrous Oxide

**Tasteless
odorless gas**

**Inhaled through
a mask**

**Helps reduce
feelings of
anxiety**

**Increases
feelings of well
being**

**Makes it easier
to deal with the
pain**

**A women holds
the mask herself
& decides when
she will inhale**

Local Anesthesia

Use of drugs to prevent pain in a small area of the body

The drug is injected into the area around the nerves of the perineum, vagina or vulva

May be used just before birth or to repair lacerations after birth

Regional Anesthesia

Used to lessen
or block pain
below the waist

Include epidural
and spinal

It may be given
as a single short
or for longer
durations with a
pump

Side effects:
itching, N/V,
headache

**We will practice
some techniques
later 😊**

